

拍数: 64 墙数: 4 级数: Intermediate
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 音乐: Stop and Stare - OneRepublic



Intro 16 Counts - Sequence 64, 64, 56, 64, 64

Rock, Recover: Kick, Cross, Rock Back: Recover, Turn Point: Cross, Turn, Turn

1, 2 Rock left to side (1) Recover on right (2)
 3&4 Kick left forward (3) Cross left over right (&) Rock back on right (4)
 5, 6 Recover on left (5) Turn ¼ left on ball of left & point right to side (6) (9:00)
 7&8 Cross right over left (7) Turn ¼ right stepping back on left (&) Turn ½ right stepping forward on right (8) (6:00)

Out Left, Right: In, Together, Forward: Scuff, Step Back: Back, Back, Turn

1, 2 Step forward and out on left (1) Step forward and out on left (2)
 3&4 Step left in to centre (3) Step right to centre (&) Step left forward (4)
 5, 6 Scuff right forward (5) Step back on right (6)
 7&8 Run back on left (7) Run back on right (&) Turn ½ left stepping forward on left (8) (12:00)

Turn, Point, Turn Step: Rock Behind, Recover, Side: & Side, Rock, Recover: Side Chasse

1, 2 Prep upper body by turning slightly left while pointing right to side (1) Turn ¾ right on ball of left, step forward on right (2) (9:00)
 3&4 Rock left behind right (3) Recover on right (&) Step left to side (4)
 &5,6,7 Step right with left (&) Step left to side (5) Rock right behind left (6) Recover on left (7)
 8&1 Step right to side (7) Step left with right (&) Step right to side (8)

Rock, Recover: & Rock, Recover: & Cross, Point: Mambo Turn

2,3 Rock forward on left (2) Recover on right (3)
 &4, 5 Step left to right (&) Rock forward on right (4) Recover on left (5)
 &6, 7 Step right next to left (&) Cross left over right (6) Point right to side (7)
 8&1 Rock forward on right (7) Recover on left (&) Turn ½ right stepping forward on right (1) (3:00)

Step, Sailor ¼ Turn: Step, Turn, Step: Turn, Step Together

2 Step forward on left (2)
 3&4 Step right behind left (3) Turn ¼ right stepping left back (&) Step right to side (4) (6:00)
 5&6 Step forward on left (5) Pivot ½ turn right (&) Step forward on left (6) (12:00)
 7,8 Turn ½ left stepping back on right (7) Step left with right (8) (6:00)

Pop Knee, Out, In: Toes, Heel, Turn: Cross Shuffle: ¾ Turn

1, 2 Pop right knee to side (1) Pop right knee to centre (2) (no weight on left)
 3&4 Swivel left toes to left (3) Swivel left heel to left (&) Swivel left toes turning ¼ left (4) (3:00)
 5&6 Cross right over left (5) Step left to side (&) Cross right over left (6)
 7,8 Turn ¼ right stepping back on left (7) Turn ½ right step forward on right (8) (12:00)

Rock & Cross: Point, Cross, Unwind: Step, Lock, Step Back

1&2 Rock left to side (1) Recover on right (&) Cross left over right (2)
 3,4,5 Point right to side (3) Cross right over left (4) Unwind ½ turn left, weight on right (5) (6:00)
 6&7 Step back on left (6) Cross right over left (&) Step back on left (7)
 8 Cross right over left (8) #

Cross: Rock Back, Recover: Rock & Kick: Sailor Turn: Step

1,2 Rock back on left (1) Recover on right (2)

3&4 Rock forward on left (3) Recover back on right (&) Kick left forward (low kick) (4)
5&6 Step left behind right (5) Turn $\frac{1}{4}$ left stepping right to side (&) Step left to side (6) (3:00)
7,8 Step forward on right (7) Hold (8)

Restart here on wall 3. Alter count 8 to a $\frac{1}{2}$ turn right stepping forward on right . Now facing back wall, start from beginning.
